



**Nutrition
information
per serving:**

Calories

170

Carbohydrate

37 g

Dietary Fiber

5 g

Protein

5 g

Total Fat

1.5 g

Saturated Fat

0 g

Trans Fat

0 g

Cholesterol

0 mg

Sodium

450 mg



Pineapple with Sweet Mole

An unusual, yet refreshing dessert that tastes as good as it looks.

Makes 6 servings. 1 pineapple slice with 1 tablespoon mole per serving.

Prep time: 10 minutes | **Cook time:** 10 minutes

1. Cut top and bottom off pineapple then cut into 6 round slices.
2. Cook pineapple slices on a hot grill or in a hot skillet for about 2 to 3 minutes on each side to lightly blacken and heat.
3. In a small saucepan, stir together mole and honey; cook until warm.
4. Spoon 1 tablespoon over each slice of warm pineapple, and serve immediately.

**Do not give honey to children under the age of one.*

1 fresh pineapple
6 tablespoons Mole (page 30)
½ tablespoon honey*

